MANAGING YOUR MENTAL HEALTH DURING NCP
(Novel Coronavirus Pneumonia)

LIMIT YOUR BAD NEWS CONSUMPTION

There’s enough sad Coronavirus news going around that we could watch, listen to and read about it 24/7. But all that does for us is to keep our brains focused on the negative. While it’s important to be informed, don’t spend all of your time watching sad news. Give yourself permission to check in twice a day and then spend the rest of your day looking at more positive information.

MOVE IT!

Exercise that raises your heart rate can also elevate your mood. Even if you’re stuck inside, you can still find ways to boost your activity level. Try a YouTube exercise video, balloon volleyball against a friend or against a wall, tune in to your favorite GoNoodle video, or turn up the music and dance it out. Try it today—you’ll be glad you did!

PET POWER

Maybe it’s because they listen without judging (dogs), or they judge everyone equally (cats), but petting a furry friend can help reduce stress and anxiety and raise some of the feel-good chemicals in our brains.

Don’t have a pet of your own? See if a neighbor will give you some snuggle-time with their pet in exchange for your helping walk, feed, or brush their pet.

YOU ARE MY SUNSHINE

Sunshine stimulates the production of serotonin, one of your brain’s feel-good hormones. Serotonin boosts your mood and increases your focus. It also helps your body regulate its wake/sleep cycle. Sunshine helps your body produce Vitamin D, a necessary nutrient. While you are outside, soak up some fresh air. And give yourself bonus points if you can bank in sunshine, in the fresh air, in an environment with some "nature." Even if it’s just a picnic on the grass, it can do wonders for your mood.

MINDFULNESS

Quite the opposite of exercise, being mindful slows down our bodies and our minds. Try a 5-4-3-2-1 technique. Sit quietly, paying attention to your breathing. Slowly name: Five things you can see; Four things you can hear; Three things you can touch; Two things you can smell; One thing you can taste.

It’s not a race! Breathe and enjoy the process.

PLANT YOURSELF

Make your space a little greener and take advantage of feel-good microbes in the soil. Dig around in the dirt and plant some seeds or seedlings. If you don’t have a garden, start one on your balcony, or ask your apartment or compound if you can plant some flowers in a border outside.

THINGS TO DO

Keep yourself organized by making a To-Do list of the things you need to do each day. Make sure that you put some fun things on it like: be awesome today, or hug 2 people. It will feel so GREAT to cross things off your list!

SHUT YOUR.... EYES

A lack of sleep has been tied to greater stress levels, mental exhaustion and shorter tempers. During sleep, our bodies repair the day’s damage and our minds organize our memories and move our learning from short-term memory into long-term memory.

Better sleep helps you focus and allows you to focus on the many positives in your life. To help you sleep better, try to ‘go to bed at the same time each night, keep your electronics out of the bedroom, and try some relaxing yoga or mindfulness techniques to help you wind down at bedtime.

FOR KIDS AND KIDS-AT-HEART

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